

- Reinvention in midlife - on the one hand that can be scary and a challenge, but it can also be a massive opportunity
- Try not to divide yourself. A lot of women see their life in two chunks: pre kids and then kids. Remarry those two identities. See yourself as a whole
- Ditch the idea of "I used to be a lawyer" "I used to be an engineer". If you trained as a lawyer, and you've got those skills, you're still a lawyer
- Confidence comes by doing. If you can find ways to to take action, that's how your confidence returns
- Rachel mentions "[The Confidence Circle](#)"
- In the doing you get 2 outcomes - good or bad, but either way you learn something. Your competence grows and then your confidence grows
- As adults, we need to adopt a growth mindset
- Just a few simple tweaks can change our "little shy apologetic" self into an empowered self
- Get clear on what you really want to do. Think first and catch up with who you are these days. Take time to connect with your strengths, values and interests
- In a career change, you feel the mismatch. You need to do work on how you tell your story in a different way. The hard bit of the job is to bridge the gap so that you can show your skills in a different way
- The traditional job market when you're trying to make a career change is not your friend
- The challenging thing is to think about people
- Think about putting yourself out there, and make some new connections
- How can you immerse yourself and start to build a network of people?
- Can you find a way to make the change in steps?
- 4 questions:
 - What do I want to do more of?
 - What do I want to do less of?
 - What or who energises me?
 - What drains me?
- "I took a planned career break for 10 years" is sometimes all we need to say. Don't offer anymore, and feel you need to over-elaborate and justify
- Build up your confidence bank. Spend time reminding yourself of your skills and expertise

- The 3 Cs are if you are approaching a career change:
 - Commitment. Thomas Edison said "Opportunity is missed by most people because it is dressed in overalls and looks like work."
 - Courage
 - Curiosity
- Get the right balance of thinking and action, but don't get stuck thinking
- Find small ways to test the ideas that are coming up for you
- Enjoy the journey. The journey is where you get the clarity